

Index	Type	Food	Estimate	SubEstimate	Protein	Fat	Carbohydrates	Kcal	Kcal	Price	Price
			g	g	1g/kgpppd	1/8:1/3 PF ratio	1/8:13/24 PC ratio	100g	4600/day	\$/kg	\$\$\$
5	= number of days										
10	= Number of meals @ 500g	Objective	10,000	10,000	400	1,067	1,733		23,000		\$ 75.00
5	= Number of meals @ 1kg	Selected	10,000	10,000	825	1,133	3,530		25,811		\$ 72.63
80	= kg weight of eater	Surplus/Deficit	-	-	425	66	1,797		2,811		\$ 2.38
\$15	= dollars per day available										
1	Edible Fat	Butter	1,000	250	3	203	3	727	1,818	\$ 5.00	\$ 1.25
3	Edible Fat	Cheese		250	65	80	-	402	1,005	\$ 20.00	\$ 5.00
6.1	Edible Fat	Olives		375	98	120	-	250	938	\$ 9.00	\$ 3.38
6.2	Edible Fat	Olive Oil		125	-	125	-	885	1,106	\$ 10.00	\$ 1.25
7	Meat	Salt smoked beef	2,000	500	90	120	-	298	1,490	\$ 25.00	\$ 12.50
8	Meat	Fresh chicken		500	105	30	-	140	700	\$ 10.00	\$ 5.00
9	Meat	Egg, whole		500	65	60	5	160	800	\$ 5.00	\$ 2.50
13	Meat	Salt smoked bacon		500	65	215	-	442	2,210	\$ 25.00	\$ 12.50
16	Fruits & Vegetables	Apples	3,000	250	-	-	35	53	133	\$ 2.00	\$ 0.50
28	Fruits & Vegetables	Cucumber		250	3	-	8	14	35	\$ 3.00	\$ 0.75
30	Fruits & Vegetables	Gourd (pumpkin)		250	5	-	20	31	78	\$ 3.00	\$ 0.75
31	Fruits & Vegetables	Grape		250	3	-	40	60	150	\$ 5.00	\$ 1.25
34	Fruits & Vegetables	Lemon		250	3	-	10	32	80	\$ 2.00	\$ 0.50
38	Fruits & Vegetables	Melon, rock~		250	3	-	15	25	63	\$ 5.00	\$ 1.25
41	Fruits & Vegetables	Onion		250	3	-	20	35	88	\$ 2.00	\$ 0.50
43	Fruits & Vegetables	Oranges		250	3	-	20	45	113	\$ 2.00	\$ 0.50
44	Fruits & Vegetables	Fresh Herbs and Garlic		250	13	3	25	21	53	\$ 10.00	\$ 2.50
47	Fruits & Vegetables	Pear		250	-	-	40	56	140	\$ 2.00	\$ 0.50
48	Fruits & Vegetables	Peas, Dried		250	15	-	40	348	870	\$ 2.00	\$ 0.50
57	Fruits & Vegetables	Zucchini, marrow		250	3	-	8	6	15	\$ 5.00	\$ 1.25
58	Dry Goods	Bread (store bought)	4,000	-	-	-	-	-	-	\$ 1.00	\$ -
62	Dry Goods	Biscuits		250	28	5	185	428	1,070	\$ 10.00	\$ 2.50
72	Dry Goods	Flour		1,000	110	20	740	243	2,430	\$ 1.00	\$ 1.00
74	Dry Goods	Fruit, dried		250	8	3	168	250	625	\$ 15.00	\$ 3.75
76	Dry Goods	Honey		250	-	-	190	322	805	\$ 8.00	\$ 2.00
77	Dry Goods	Jam		-	-	-	-	-	-	\$ 8.00	\$ -
78	Dry Goods	Nuts, almonds		250	50	135	48	598	1,495	\$ 15.00	\$ 3.75
83	Dry Goods	Oatmeal		750	-	-	518	388	2,910	\$ 2.00	\$ 1.50
85	Dry Goods	Pasta		500	55	10	740	367	1,835	\$ 3.00	\$ 1.50
87	Dry Goods	Rice, white		500	35	5	405	357	1,785	\$ 4.00	\$ 2.00
88	Dry Goods	Sugar		250	-	-	250	390	975	\$ 2.00	\$ 0.50